Host Intro: Dental injuries are an unfortunate fact of life that can happen to anyone at any age. An Arkansas endodontist is offering an action plan that can help us out in the event of teeth getting chipped, or partially or completely knocked out. Here's Ann Kenda with Arkansas Public Media.

DentalInjuries.wav 3:52

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Script: Dr. Amir Mehrabi finishes up the last root canal of the day in his office in Little Rock and then takes a break to talk about dental injuries. No one is immune: his 11-year-old son had one the other day, and he recently treated a baseball player whose teammate didn't see him and accidently swung a bat full-on into his mouth. Sports are a common cause of dental injuries.

(two-way continues)

Tooth injuries can also happen in a fall, or just from chewing.

(two-way continues)

There are things you can do immediately after a tooth injury.

(two-way continues)

A small cup of milk will work for that. As with most injuries, time is of the essence.

(two-way continues)

Sometimes patients decide to just live with a chipped tooth and not make an appointment, but Dr. Mehrabi says that is not for the best.

(two-way continues... ends with "don't ignore it, don't ignore it.)

I'm AK with Arkansas Public Media.